

Swim healthy!

You may have remembered to bring your spf 45 sunscreen, beach umbrella, hat and sunglasses with you to the beach this summer, but how safe will they keep you in the water in which you are swimming?






Learn more about healthy Maine swimming inside...

Have a safe and healthy summer!



For more information, try these websites.

-  www.state.me.us/dep/blwq/beach.htm
-  www.cdc.gov/healthyswimming
-  www.epa.gov/ost/beaches

For more information:

Todd Janeski
Maine Coastal Program/State Planning Office
(p) 207.287.3261
Todd.Janeski@state.me.us



Esperanza Stancioff
University of Maine Cooperative Extension/Sea Grant
(p) 207.832.0343
esp@umext.maine.edu



Lee Doggett
Maine Department of Environmental Protection/
Bureau of Land and Water Quality
(p) 207.287.3901
www.state.me.us/dep



Clough Toppan
Maine Department of Human Services/
Health Engineering
(p) 207.287.8016
clough.toppan@state.me.us



Stay healthy this summer at...

Maine's Coastal Swim Beaches

A part of Maine's Healthy Beaches



A guide to healthier swimming in 2003



Stay Healthy at the Beach!

The more you know about Recreational Water Illnesses, the less likely you are to get one...

 What are Recreational Water Illnesses?

Recreational Water Illnesses (RWIs) are illnesses obtained from swimming in

contaminated bathing water. Waterborne bacteria and viruses cause RWIs. Symptoms of RWIs may include ear infections, sore throats and gastric illness.

 How are Recreational Water Illnesses spread?

RWIs are spread by accidentally swallowing swim water that has been contaminated with fecal matter. Sources of pollution that may contaminate beach water include:

- poorly functioning septic systems;
- nearby boat moorings or marinas;
- swimmers with diarrhea;
- road runoff; and/or
- animal fecal material.

the bathroom and changing diapers

- Don't swim if you have diarrhea or are vomiting
- Leave the water immediately if there is a vomiting or fecal accident



What is Maine doing?


Ok, you've done your part to ensure healthy swimming... so Maine will too!

 What is Maine doing to help?

In an effort to notify the public when water quality in a swimming area is poor, a new program is being developed called the Maine Healthy Beaches. The Coastal Swim Beach Monitoring Program will establish a unified coastal water quality monitoring program on Maine's beaches, including:

- Gathering extensive information on individual beaches from municipalities;
- Surveying beach users to establish the extent of public knowledge and incidence of health problems related to swimming in coastal areas;

- Developing monitoring methods for coastal swim beaches; and
- Developing a public education and notification program.

Contact information on back panel! 

What can I do?

Now that you know about Recreational Water Illnesses... here is a list of what you can do to prevent them!

- Avoid swallowing swim water
- Change diapers away from the water's edge and dispose of properly
- Take your kids on bathroom breaks often
- Wash your hands with soap and water after using